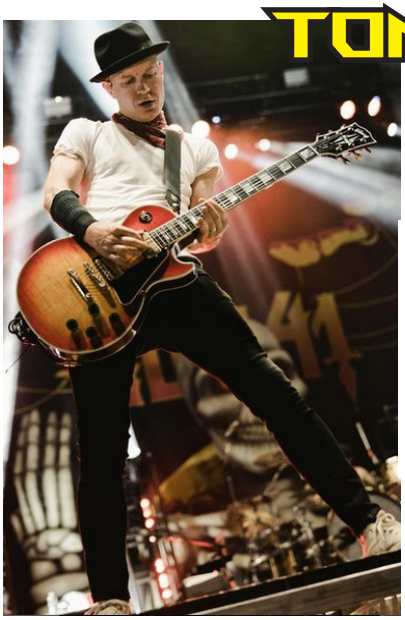
WHAT DO GUITARIST TOM THACKER



OF

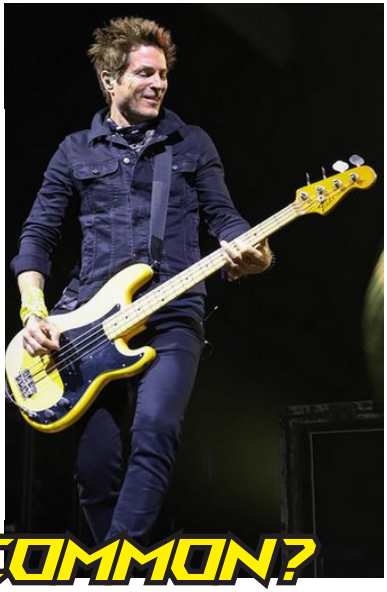
SUM 41

AND

BASSIST TODD MORSE

OF

THE OFFSPRING



HAVE IN COMMON?

(BESIDES SHREDDING)

THEY'RE BOTH

VEGAN

"The reason I went vegan was purely in protest of factory farming. I was totally opposed to the way that animals are treated as biological machines."

-Tom Thacker
Guitarist, SUM 41
Vegan Since 1997

FACT: 99% OF FARMED ANIMALS ARE EXPLOITED ON FACTORY FARMS

Source: https://www.sentienceinstitute.org/us-factory-farming-estimates/

"Well, I'm a father, a husband, and a VEGAN."

-Todd Morse
Bassist, THE OFFSPRING

Interview Sources :
Tom Thacker, Vancouver Sun, Online, 2014
Todd Morse, VoyageLA, Online, 2020

“I’m making this stand and I refuse to eat animal products. Keeping animals in cages – anyone would agree it’s a horrible thing.”

-Tom Thacker, SUM 41

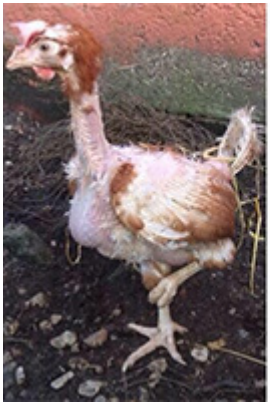
Mother Pig Trapped in Gestation Crate. Gestation crates are still used throughout the US as of August 2023.

BEING VEGAN HELPS ANIMALS

Willa is a lady pig who was rescued from a factory farm.
She is living her best life at Sunset Farms Sanctuary in Cove, AR

Veganism is not a diet.

FACTORY FARM



SANCTUARY

Veganism is a philosophy and way of life that seeks to exclude as far as possible all forms of exploitation of and cruelty to animals for food, clothing, or any other purpose.

FREE DOCUMENTARY

"In the punk rock scene, there's a whole anarchistic way people think."

"There's the nihilistic side, but also the other side that says, *'This is effed up, let's change it.'* "-Tom Thacker

MORE FROM TODD MORSE NEXT PAGE

THE OFFSPRING

Qoute from: https://sandypowlik.wordpress.com/2015/03/31/punk-rock-a-moral-vegan-code/

I'm also passionate about staying healthy.

I'm a vegan and I exercise every chance I get.

-Todd Morse
Bassist
THE OFFSPRING

Interview:
https://www.artistpr.com/artist-interview/catching-up-with-todd-morse/

IS BEING VEGAN HEALTHY?

It is the position of the Academy of Nutrition and Dietetics that appropriately planned vegetarian, including vegan, diets are healthful, nutritionally adequate, and may provide health benefits for the prevention and treatment of certain diseases. These diets are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes.

-Academy of Nutrition and Dietetics, 2016 Statement

The Academy of Nutrition and Dietetics has over 112,000 members and is head-quartered in the United States. Of it's membership, 65% are registered dietician nutritionists. It's the largest organization of food and nutrition professionals in the world.

VEGAN BODYBUILDERS

Torre Washington

@torre.washington

Challenge 22

Ready to go vegan?

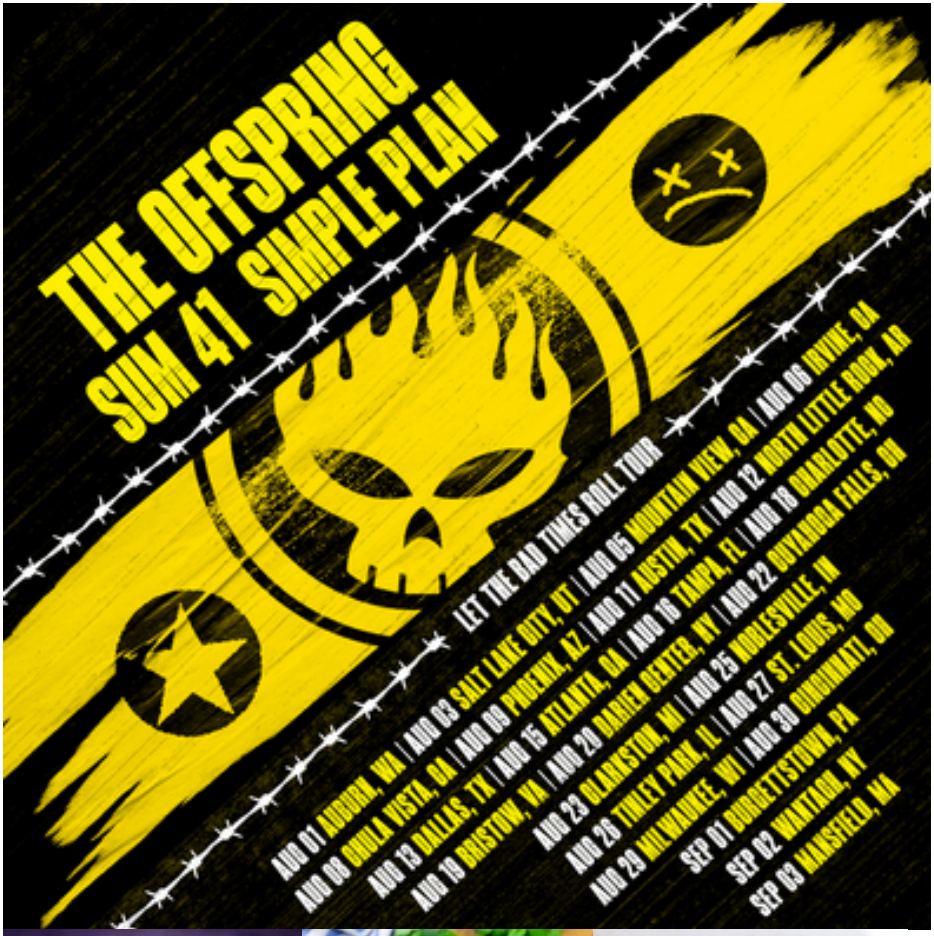
- Online guidance by mentors & registered dietitians
- Friendly environment
- Tasty Recipes
- Free

Nimai Delgado

@nimai_delgado

PICTURES OF VEGAN FOOD ON THE BACK

Original Zine by Colburn Clark - Anti-Copyright - Reprint freely, in any manner desired, even without naming the source



SALAD FINGERS PROMISES IT'S NOT JUST SALADS